Tuolumne Meadows

(from Tenaya Lake to Tioga Pass)

Tuolumne Meadows serves as a hub for summer backpacking opportunities in the park. Temperatures average 15 to 20 degrees Fahrenheit cooler than in Yosemite Valley, and, at 8,600 feet in elevation, the air is crisp, invigorating, and thin! Tuolumne hikers enjoy a variety of popular routes and many of the trailheads are within a short distance of each other. Trails range from just a few miles to Sunrise Lakes to thousands of miles on the Pacific Crest Trail. Remember, any blue sky day can quickly turn ominous and gray. The Sierra are well known for their magnificent afternoon thundershowers; enjoy these from a safe location in good raingear. (The Tioga Road closes due to snow, usually from sometime in November through late May or early June. There is no overnight parking on the Tioga Road after October 15, please plan accordingly.)

Trail Descriptions and Distances (One Way) **Tuolumne Meadows**

Sunrise Lakes

This trail departs from western Tenaya Lake and follows switchbacks up toward Sunrise Lakes or Clouds Rest. Visitors can choose from several different loop options in this area such as Merced Lake, Half Dome, or Cathedral Lakes.

	Miles	Km.
Sunrise Lakes		
Sunrise High Sierra Camp	.5.8	9.3
Clouds Rest	7.0	11.2
Half Dome	13.0	20.9
Tuolumne Meadows	.14.0	22.5
Yosemite Valley	17.3	27.8

Murphy Creek

This trail follows Murphy Creek, then crosses open granite slabs and wanders through Lodgepole forests to Polly Dome Lakes, May Lake, or Glen Aulin.

	Miles	Km.
Polly Dome Lakes	2.5	4.0
Glen Aulin	6.8	10.9
May Lake	.6.3	10.1

Cathedral Lakes

This popular trail leads hikers into the heart of the Cathedral Range and provides various loop trip options.

	Miles	Km
Cathedral Lakes	.3.4	5.4
Sunrise High Sierra Camp	. 7.7	12.3
Half Dome	16.7	26.8
Little Yosemite Valley	.16.2	26.0
Yosemite Valley	21.2	34.0
Merced Lake	16.4	26.3

Elizabeth Lake

A pleasant day hike to a lake basin nestled beneath Unicorn Peak. A cross-country route continues to Nelson lake.

	Miles	Km.
Elizabeth Lake (no camping)	2.5	4.0
Nelson Lake		

Rafferty Creek->Vogelsang

This trail follows the Lyell Fork of the Tuolumne River through sub-alpine meadows and then climbs along Rafferty Creek to Tuolumne Pass, Vogelsang, and destinations beyond.

	Miles	Km.
Vogelsang High Sierra Camp	6.9	11.1
Merced Lake via Fletcher Creek	14.9	23.9
Merced Lake via Lewis Creek	15.7	25.2
Isberg Pass	25.4	40.8
Yosemite Valley via Fletcher Creek	28.1	45.2

Lyell Canyon

This trail meanders through Lyell Canyon along the Lyell Fork of the Tuolumne River toward Donahue Pass to the south and to Ireland Lake and Tuolumne Pass to the west.

	Miles	ĸm.
Ireland Creek Trail Junction	. 5.2	8.3
Ireland Lake	. 11.4	18.2
Vogelsang High Sierra Camp	. 12.3	19.7
Yosemite Valley via Fletcher Creek	. 32.3	51.7
Donahue Pass	. 12.1	19.4
Devils Postpile	32.7	52.6
Whitney Portal	. 190.0	305.7

Glen Aulin and Cold Canyon/Waterwheel

This popular trail follows the Tuolumne River to Glen Aulin and beyond to the Grand Canyon of the Tuolumne River, up Cold Canyon into the north end of the park, or towards May Lake and Ten Lakes.

	Miles	Km.
Twin Bridges	4.0	6.4
Glen Aulin	5.3	8.5
Waterwheel Falls	8.2`	13.2
Pate Valley	19.2	30.9
White Wolf	28.7	46.1
May Lake	12.5	20.1
Yosemite Valley via May Lake	22.9	36.8
Virginia Canyon	12.7	20.4
Benson Lake	29.5	47.4
Young Lakes	6.0	9.6

Young Lakes via Dog Lake

Hikers along this trail enjoy forests and high meadows with panoramic views of the Cathedral Range.

	Miles	Km.
Dog Lake	1.5	2.4
Young Lake	6.0	9.6

Young Lakes via Glen Aulin

Hikers along this trail travel through Tuolumne Meadows to Soda Springs and follow the Glen Aulin trail for a short while before ascending through lodgepole forest toward Ragged Peak and Young Lakes.

	Miles	Km.
Dog Lake (no camping)	1.5	2.4
	6.0	

Mono/Parker Pass

This trail climbs through alpine meadows toward Mono and Parker Passes and Spillway Lake. Trails continue into the Ansel Adams Wilderness toward Mammoth Lakes and beyond. Backpackers must cross into the Ansel Adams Wilderness before camping.

		Km.
Spillway Lake (no camping)		6.6
Mono Pass (no camping)		5.9
Parker Pass (no camping)		8.3
Koip Peak Pass (no camping)	8.3	13.3

Gaylor Lakes

This trail climbs to alpine lakes basins from Tioga Pas	s.
Miles	Km.
Gaylor Lakes (no camping) 1.1	1.7
Great Sierra Mine (no camping)1.8	2.9

Mt. Dana

This 13,000-foot peak is a popular destination not only for the challenging climb to the summit but the rewarding views from the top. This hike is a cross-country route.

the top. This fince is a cross country route.	Miles	Km.
Top of Mt. Dana (no camping)	3.5	5.6